

Be Champions

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Justine Brown (UK) - September 2012
音樂: Hall of Fame (feat. will.i.am) - The Script



32 Count Intro, count first 16, - Start Dance On Vocal

Section 1: Mambo Rock - Triple ½ Turn – Step ¼ - Weave Right

1 & 2 Left Rock Forward, Recover Onto Right, Step Left Back.
3 & 4 Turn ½ Right – Stepping (Right-Left-Right)
5 & 6 Step Left Forward , Pivot ¼ Right, Cross Left Over Right
& 7 & 8 Step Right To Right Side, Step Left Behind Right, Step Right To Right Side, Cross Left Over Right
& Recover The Weight Back On The Right Foot

Section 2: Night Club Basic – Side – Behind – ¼ Left – Step Forward – Pivot ½ - Step Forward

1 – 2 & Long Side Step Left, Rock Right Behind Left, Recover Weight Onto Left
3 – 4 & Long Side Step To Right, Rock Left Behind Right, Recover Weight Onto Right
5 & 6 Step Left To Left Side, Cross Right Behind, Turn ¼ Stepping Left Forward
7 & 8 Step Right Forward, Pivot ½ Left, Step Right Forward

Section 3: Walk – Walk – Scuff Hitch Step – Mambo Rock – Step Back - Point

1 - 2 Walk Forward Left, Walk Forward Right
3 & 4 Scuff Left Forward, Hitch Left Knee (Coming Up On Right Toe For Styling), Step Left Forward
5 & 6 Rock Right Forward, Recover Weight Onto Left, Step Back On Right
7 – 8 Step Back On Left (Placing It Slightly Behind Right Diagonal Angle) – Point Right To Side

Section 4: Heel Jack – Cross - Side – Step/Sweep – Cross – Turn ¼ – Coaster Step.

1 & 2 Cross Right Over Left – Step Left To Left Side – Touch Right Heel Forward
& 3 -& Step Right Beside Left, Cross Left Over Right, Step Right To Right Side
4 Step Left Foot In Place While Sweeping Right Foot Round In Front Of Left
5 – 6 Cross Right Over Left, ¼ Turn Stepping Back Onto Left
7 & 8 Step Right Back, Step Left Together, Step Right Forward

On final wall, (facing 9.00 your on section 3.. step back turning ¼ to the front and end with right toe pointed to side)

**Be students-Be teachers-Be politicians-Be preachers-Be believers-Be leaders-Be astronauts-Be champions-
Be true seekers
Be yourself!**

Personal note: My 15 year old daughter left a post-it on my PC saying "Mum you need to write a dance to this track" I fell in love with the music, you can almost feel the song 'breathing'. Don't rush the dance, enjoy it and get lost in the music , like my daughter and I did.. This is an improver level dance, but if you like the feel of the routine and want to make it more challenging there are a few extra tips on the tail end of the video..

Contact: www.justinebrown.co.uk